



West Hudson Psychiatric Society
of the American Psychiatric Association
serving Rockland, Orange, Sullivan & Delaware Counties



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eSynapse: May 24, 2010

Editor's Comments

James Flax, MD, MPH, DFAPA

This is our 6th issue of eSynapse. You will find two of three responses to our President's invitation to comment on the Vermont's Psychiatric Societies proposal regarding Universal Health Care – all against. If you have an opinion, please join the lively discussion. The minutes of our Executive Council meeting are here, summarizing some of what your district branch is involved in. You'll see the report of Dr. Bark on the Assembly changes that you may have read about. We are now sharing Assembly representation with the Mid-Hudson Psychiatric Society. They have invited any of us who wish to attend to join them for their Wednesday, June 9th meeting. I plan to be there. The invitation to send in a recipe for the NAMI-Familya cookbook remains. And, our own Dr. Bark will be speaking at our next meeting on 6/18/10.

SAVE THE DATE

Friday evening, June 18 at La Terrazza, New City. Nigel Bark MD speaking on "How Schizophrenia Changed the Course of England's History". See Below.

***PLEASE SEND ME ANY NEWS, ADS, COMMENTS,
ARTICLES. I WANT THIS PUBLICATION TO BE AN
ACTIVE SOURCE OF INFORMATION FOR THE
MEMBERS.***

My goal in publishing is to increase communication between and among all of our members. I can only do this with your participation. I want a psychiatrist from every organization, clinic and institution in the counties of Rockland, Orange, Sullivan and Delaware to send me an article, of any length, describing any events, news, changes, presentations or opinion. That means that YOU can contribute by designating someone at your place of employment, or volunteering yourself, to send me something about where you work, how you practice, opinions about anything of relevance to psychiatrists, etc. Without your participation this is going to be a very short newsletter.

There are a myriad of opportunities for you to become involved in your community through your district branch. The advantages are numerous in addition to the pleasure of giving back. There is the true pleasure of working with your colleagues in psychiatry and/or in other mental health fields. There is the opportunity to be creative in developing a program around your interests. There is the joy of learning something new.

If you are curious about what happens at the executive council meetings, PLEASE JOIN US. Our next meeting is probably Friday June 4th, 2010 at noon @ il Fresco Restaurant in Orangeburg. Contact Dr. Ferro if you are planning to come (drferro@optonline.net).

If you speak to your colleagues who are not members of the APA, remind them to become members. If members, tell them you've received your eSynapse and ask if they received theirs. If not, tell them to email me at DrFlax@aol.com with their email address so I can add them to the list.

While some have indicated it is too costly to join the APA, I want to remind them of the many benefits of membership (<http://www.psych.org/Resources/Membership.aspx>). Membership in your district branch is one of the least costly in the nation and we hope to keep it that way. The benefits are numerous. As an example: the APA Malpractice Insurance offers many benefits not available through institutionally provided coverage to institutionally employed psychiatrists. When I was employed by Columbia University at Helen Hayes Hospital, a state facility, I would never have relied exclusively on the coverage provided by my employer.

President's Column: Debate locally...

Dominic Ferro, MD

Continuing the discussion

Last month, I invited our membership to comment on the Vermont Psychiatric Association proposal: "That the APA adopt a position on health care reform that supports a fiscally responsible, universally available publicly financed system or systems (whether organized on a statewide, regional or nationwide basis) that maximizes its responsibility and obligation to the clinical needs of the population served; and...That the APA adopt a position on health care reform that supports the ability of those states that wish to establish single payer health care systems to do so."

Three members did reply and they replied extensively. (2 of the 3 are reprinted below, Editor) All three were against the proposal, largely due to suspicion that government administered health care would be inefficient. Also, there were concerns that if the entire system were under government control that there would be restrictions in the way that health care could be practiced.

A sample of three out of over a hundred is certainly not representative, so I am asking again for feedback.

My own thoughts about the situation are mixed. I can not say that I trust that a large government agency administering all health care will be all that we can hope. At the same time, it is obvious that profit driven insurance is leaving a lot of people in the cold, as well. And when I am sitting on the phone spending unreimbursed time, asking permission to administer this treatment or prescribe that medication, I can not say that I am impressed with the physician autonomy and efficiency of a private insurance system.

I settle on the idea that there must be some tempering of the profit motive in health care. Having the government fund it is one way. Having private insurers carefully regulated is another. The financial motivation to deny care should be curtailed. Profit should be generated by added efficiency, not denials. In my opinion, the business of health care should be a place where competent people can make a decent living. Valuable innovations should be handsomely rewarded, but no one should be getting rich in this "industry." People who want to be rich should be bankers and venture capitalists investing in other sectors of the economy.

Those are my two cents. What are yours?

From Carol Paras, MD:

5/5/2010

I am totally opposed to national health and I think the bill that passed, practically unlawfully, is a costly onerous unconstitutional disaster. I deal with the annoying insurers much more often than you but I assure you Medicare, and BC/BS which is as large as the government, it seems, are inefficient disasters. Private enterprise is always more productive, more efficient and better for the consumer. Let's put folks on private ins. co. plans and legislate some controls on same. Then, let's look at all the waste and fraud in the system. And last but not least, let's encourage science and technological growth, a return to manufacturing excellence, growth without corruption in our wealth and HIRE people to work who will pay for their insurance.

In my experience only big companies and big govt. offer good plans. However big corporations pay for their own plans- govt. plans are paid for by taxes- often the taxes of people who often do not have such good plans..And Congress has THE BEST CADILLAC - no- a MERCEDES plan ever. And they do not have to give it up.

The only national health plan I would take as a consumer would be theirs if they could find a way to reduce the cost.

And national health will I believe lower quality, and the discovery of new cures that only entrepreneurship and freedom generate.

Last, but not least, I do not want anyone telling me who I have to treat, or where or how? I didn't go into medicine to be a bureaucrat. Managed care

diminished our profession by 50 % and this reform will kill medicine. Pretty soon only the most mediocre students will be interested and oops there goes the quality of our care in old age.

And I do not want my taxes to go up- I want them to go down...

Call me old fashioned but I like self-determination...and I want the best Care, when and if I need it.

So I have weighed in....

And from Rick Brand, MD:

Dominick, You requested a quick response to the Vermont initiative. I vote Nay. The socialist party of Vermont can't even decide to keep child molesters in prison. (You can google this one yourself).

I disagree with your stated premise about why our current president was elected and what people wanted. Your conclusions are speculative and biased. Read the polls. The American people are not who you think they are and buyer's remorse is palpable. What do you think the TP movement is all about?

Hope and change was a Rorschach. Everyone wants "reform." I want reform. Everyone wants "health care." I want health care. Everyone who voted for Obama imagined, well, something. "Imagined" was the operative word.

I see nothing in either the Fed Health Care Bill (with usurpation of all higher education loans in the bargain) or the Vermont initiative that will help whatever problems exist. Nay, nay, nay. If you think government can be trusted to do anything, have a chat with Barney Frank about housing, Chris Dodd about Fannie, Freddie and banking, Bernanke and Gheitner about Goldman and Wall Street, Elliot Spitzer about morality and Barack Obama about transparency. You want MORE government? We need the current government in handcuffs.

Please. No bills from Vermont.

There is a new book just out (I haven't read it yet) provocatively titled The Manchurian Presidency. I heard the author on the radio today. The book is claimed to be well researched, details Obama's, and his closest advisors' (ie Valerie Jarrett and others) socialist and anti-Semitic connections, what his college years were really about, etc. If you are willing to see a careful reporter's vetting of your hero, try this book. I'm ordering it.

The question is:

WHEREAS, The NY Times and all the other mainstream news operations did a perfect job in revealing Obama's past, and

WHEREAS, we all know Rick Brand the other anti-Obama types are mindless, ultra right wing, racist homophobes and

WHEREAS, it is established that only big government can solve everything...

...suppose, like, just imagine, for one minute, that I'm right about Obama, and that the book's author has valid information, and Obama is as anti-American as I believe, sat in that bastard's church all those years because HE BELIEVED the Black Nationalist rhetoric, surrounds himself with self proclaimed socialists and Marxists...

...Does it matter?? If not, throw my email into that dark place where you pile up everything that challenges your good, warm, giving, compassionate, liberal ideas. But, if it does matter, than OPEN YOUR EYES. Government is the problem, not the solution.

Doctors could solve the problem. It was our reliance on big government, Medicare and Medicaid, and the mountain of regulations that started the war on patients - in the name of helping people, and, yes, for all the right reasons and with all good intentions.

Big government can't operate on good intentions. When their ideas crumble, they just vote more taxes. They never admit that they were wrong. The insurance companies began "managed" care in the late 80s, using the government system as their model, but FOR profit. They did a better job than Medicare, who has THE LARGEST percentage of patient care refusals and more onerous review procedures than the worst Big Insurance company you could imagine. We don't want it bigger. We can't afford bigger.

It's hard enough to appeal to an insurance company (which I routinely do successfully, and yes, it's more difficult every year), but, did you ever try appealing to a government bureaucracy? Do you see the speed and initiative employed by government union workers when you go to the DMV? Wait until all your docs are government workers. Your hip surgery will be replaced by the coffee break.

**West Hudson Psychiatric Society
Summary of Executive Council Minutes
II Fresco Restaurant, Orangeburg, NY
Date: 4/30/10**

Present: Lois Kroplick, Dom Ferro, Jim Flax, Jane Kelman, Nigel Bark, Diane DiGiacomo, Mary Mavromatis, Susan Hoerter, Lina Haber

Absent: Richard Brand, Mona Begum, Madhu Ahluwalia, Syed Abdullah, Marc Tarle

1. Public Affairs: Lois Kroplick, DO - NAMI's annual awards dinner is planned for 6/16 at 5:30pm. Advertising space in the event's brochure is available. Last year

WHPS purchased a \$200 ad, it was agreed that this year a \$125 half page ad would be purchased.

The Mental Health Coalition continues to work on an international cookbook project to benefit NAMI FAMILYA. Recipes can be emailed to Leslie Barnett. Lois will forward Leslie's email address to WHPS board members

MHC is planning the public forum for 10/20 and is considering PTSD vs. Schizophrenia vs. Eating Disorders as possible topics.

MHC's Mental Health Walk for Parity is scheduled for Saturday 5/15.

Next MHC meeting is 5/6. The MHC is in need of more participation from psychiatrists.

2. Membership/Mentoring: Dominic Ferro, MD - Dr. Patel in Orange County is acting as an informal representative for WHPS in that area. He and Dom recently met with a small group of psychiatrists from that area.

There was a discussion about whether past dues are expected to be paid if an APA member resigns their membership and then wishes to rejoin. Diane will contact the APA about this issue.

3. Private Practice: Jim Flax, MD - There have been 17 calls to the private practice referral line over the last five weeks (averaging 2-3 calls/week). The number of calls has decreased since WHPS's web address has been listed in the yellow pages.
4. Assembly: Nigel Bark, MD - The Assembly has downsized, with NY going from 19 District Branch representatives (and 11 Deputy Representatives) to 14 Representatives (and no Deputy Representatives). To do this District Branches are sharing Representatives and larger DBs have reduced their number of representatives to one for the first 450 members and one for each additional 400 members. West Hudson Psychiatric Society will share a representative with Mid Hudson. Their District Branch Representative is Leon Krakower, 845 471 2033, email: drkrakower@aol.com and he will be going to the APA Assembly meeting in New Orleans as our representative. (I will go to the next one.) Contact him if you feel strongly about anything APA is or is not doing or about any action papers. If you have trouble reaching him try their Executive Coordinator, Annette Patterson, 845 452 5894 or annetmidhudson@aol.com

The representation at the New York State Psychiatric Association meetings has not changed.

5. Professional Education: Jane Kelman, MD - Women's group met in Jane's office on 4/9. The next women's group meeting will be at Madhu Ahluwalia's office on 6/4 at 12:15pm.

The spring dinner meeting is scheduled for 6/18 at La Terraza. Nigel Bark, MD will be the speaker. Invitations to the meeting will be mailed the second week of May.

6. Synapse: Jim Flax, MD - Jim continues to look for psychiatrists to contribute articles to eSynapse.

7. Depression Screening: Mary Mavromatis - Mary is speaking to organizers of the Nyack Street Fair regarding having a table for depression screening there on Sunday 10/10. There will be no charge for the table.

Date of the next WHPS Executive Council meeting to be determined, possibly 6/4 if the Women's Group meeting can be rescheduled. Location Il Fresco, Orangeburg, NY

**The Mid-Hudson Psychiatric Society
A District Branch of the APA
Invites APA Members and Non-Member Physicians
To a District Branch Annual Meeting
June 9, 2010
John Docherty, M.D.
Cornell University, Weill Medical College
The New York University Hospital
New Treatment Option for Adjunctive Therapy to
Antidepressants for Major Depressive Disorder**

**Hudson's Ribs and Fish Restaurant
1099 Route 9, Fishkill, New York
Phone: (845) 297 - 5002
Reception: 6:30 PM, Refreshments
Business Meeting 7:00 pm Followed by Dinner and Speaker's Presentation
Scholarship Awards ----- Presentation of Honorary Plaques
Installation of 2010 -2012 Elected Officers**

**Sponsored by: AstraZeneca Pharmaceuticals
Maureen Lashway & Thomas Bowen
CSN Pharmaceutical Sales Specialists**

Please register no later than June 6, 2010

To: Annette Patterson, Executive Director, 845-452-5894

E-mail: annetmidhudson@aol.com

Address: 141 VanWagner Road, Poughkeepsie, N.Y. 12603

Menu selections will be made at the Restaurant

Upon registration please indicate if you prefer a vegetarian selection

THE MENTAL HEALTH COALITION OF ROCKLAND COUNTY, INC. IS ALIVE AND WELL!

Lois, Kroplick, DO

Co-President and Founder of the Mental Health Coalition of Rockland County, INC.

In its 14th year of existence, the Mental Health Coalition continues to work with their partners NAMI-Familya, NKI and MHA in a variety of different projects.

The 6th Annual Mental Wellness and Parity Celebration Walk will be held on May 15, 2010 at Rockland Lake State Park, in Congers, NY will be in memory of Sally Holland. Registration will be at 7:30am and the walk will begin at 8:30am. This event occurs rain or shine. It is a fundraiser for the organizations that participate. The MHA is the organizer of the event and does a great job each year! It is so wonderful to see the whole mental health community come together at this event! I would strongly recommend coming to the Walk even if you don't sign up in advance. You can register at the event. The entry fee is \$20 per adult and \$25 per family.

In addition, the Coalition is sponsoring a fundraising project for NAMI-FAMILYA. Members of the Coalition are collecting recipes and will create a cookbook that will be sold next year to the public. All profits will go to the NAMI-FAMILYA g of Rockland County. This is the Coalition's way of expressing their appreciation and thanks to the members of NAMI-Familya for all the years of support and hard work they have given to the Coalition.

Don't forget to attend the Gala Awards Night and Fashion Show on June 16, at 5:30pm at the View on the Hudson in Piermont, NY. There will be local celebrity models that will show us the latest fashions! The NAMI-FAMILYA 2010 Florence Gould Gross Award this year will be presented to 3 people who have made outstanding contributions in the area of mental health. The award recipients are James Bopp, executive director of Rockland Psychiatric Center, Gloria Pesce, Board member and NAMI-Familya volunteer, and Michael Rosenblum, President/COO of Med World Pharmacy.

Finally, members of the Coalition are meeting to discuss different topics for this year's public forum. The forum will be held on Oct 20, 2010 at Rockland Community College!! So, save the date!!

The next meeting of the Mental Health Coalition will be May 6, 2010 at Rockland County Department of Mental Health in Building F conference room. We always welcome new members! It is a warm and friendly group that does wonderful community work to help destigmatize mental illness and promote mental health. It is a great way to network and meet new friends. Hope you can join us! If you have any questions about the Coalition, please call me at 845-362-4215.

APA Releases New Mental Health Brochures

ARLINGTON, Va. (March 29, 2010) — The American Psychiatric Association released five new titles in its *Let's Talk Facts* brochure series. The new titles are Psychotherapy, Warning Signs of Major Mental Illnesses, Sexual Orientation, Attention-Deficit/Hyperactivity Disorder and Mental Health in American Indians and Alaska Natives

The APA Let's Talk Facts brochures are designed to improve mental health by promoting informed factual discussion of psychiatric disorders and their treatments. They were developed for educational purposes for the general public and provide answers to commonly asked questions on mental health issues and disorders.

Brochures may be ordered by visiting [American Psychiatric Association Publishing, Inc.](http://AmericanPsychiatricAssociationPublishing.com) or calling 800-368-5777. The brochures are sold by topic in packets of 50. Discount pricing is available for bulk quantities of five or more packets. Please email bulksales@psych.org for more information. APA physician members receive a 10 percent discount.

The American Psychiatric Association is a national medical specialty society whose physician members specialize in diagnosis, treatment, prevention and research of mental illnesses including substance use disorders. Visit the APA at www.psych.org and www.HealthyMinds.org. Find [American Psychiatric Association](#) and [APA Healthy Minds. Healthy Lives.](#) on Facebook and [APAPsychiatric](#) and [APAHealthyMinds](#) on Twitter.

❖ In conjunction with Rockland Psychiatric Center ❖

THE WEST HUDSON PSYCHIATRIC SOCIETY
Presents

THE SPRING EDUCATIONAL MEETING

Guest Speaker:

Nigel M. Bark, M.D

Director of Schizophrenia Research Unit and
Supervising Psychiatrist at Bronx Psychiatric Center
Associate Professor of Clinical Psychiatry at Albert Einstein College of Medicine
Private practice in Manhattan and Piermont, NY

Presenting the topic:

Did Schizophrenia Change the Course of English (and American) History?

Meeting Date: Friday, June 18, 2010

Time: 6:00-9:00 PM WHPS business meeting
Dinner
Presentation by Dr. Bark

Location: La Terrazza Restaurant, 291 South Main Street, New City, NY 10956, Tel: 845-638-0757

Directions:

Take the NY Thruway to Exit 13N (Palisades Pkwy - PIP) and proceed to Exit 10 (Nanuet/ New City)
Off Exit 10 turn LEFT at traffic light. Proceed to next traffic light and turn RIGHT onto Little Tor Rd. Go
approximately one mile on Little Tor to third traffic light and turn RIGHT on Collyer Ave (Rt 76). Proceed
to traffic light (road ends) and turn LEFT onto Main Street. La Terrazza is on LEFT across from the A&P.

There will be a charge of \$20 per member and \$30 per non-member.

Please RSVP before June 10, by leaving a message with Dr. Jane Kelman, 845-638-2626

**Checks (payable to West Hudson Psychiatric Society) must be received by June 10, 2010 to reserve
your place: Send payment to: Jane Kelman, M.D. 120 N Main St. Fourth Floor New City, NY 10956**

Please note: Attendees will receive 1.0 CME Credit Hours **

**The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education(ACCME) to sponsor medical education for physicians. The NYU Post-Graduate Medical School designates this continuing education activity for 1.0 credit hours in Category 1 of the Physicians Recognition Award of the American Medical Association. The NYU Post-Graduate Medical School adheres to ACCME standards regarding commercial support of continuing medical education. Disclosure of any commercial relationships as well as off-label or investigational use of any drug, device or procedure by the faculty will be made known at the time of the lecture.

Send any submissions to Lois Kroplick, DO, 11 Medical Park Drive, Suite 106, Pomona, NY 10970 or email her at DrKroplick@AOL.com



**RECIPE
COLLECTION
SHEET**

For office use only	Recipe No.
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Category _____
Recipe Title _____
Submitted By _____

INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. tsp. T. oz. lb. gal. doz. sm. med. lg.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

DIRECTIONS: _____

INSTRUCTIONS

- TYPE OR PRINT CLEARLY IN INK, NOT PENCIL, AND PLACE ONLY ONE RECIPE PER FORM.
- If more room is needed, use another sheet of the same size and staple together.
- List all ingredients in order of use in ingredients list and directions.
- Include container sizes, e.g., 16-oz. pkg., 24-oz. can.
- Keep directions in paragraph form – not in steps.
- Use names of ingredients in the directions, e.g., "Combine flour and sugar." DO NOT use statements like, "Combine first three ingredients."
- Include temperatures and cooking, chilling, baking, and/or freezing times.
- Anything not part of the recipe (ingredients, directions, contributor name, serving size or recipe title) will not be included unless you select Recipe Notes for an extra charge.
- Be consistent with the spelling of your name for each recipe you contribute.
- Your recipes should fit into the following categories:

- | | |
|-------------------------------------|----------------------------|
| Appetizers & Beverages | Breads & Rolls |
| Soups & Salads | Desserts |
| Vegetables & Side Dishes | Cookies & Candy |
| Main Dishes | This & That |

Dear Friend,
Our organization is preparing a taste-tempting cookbook featuring favorite recipes from members of our community. Our cookbook will be beautifully illustrated and bound and is sure to be treasured for years.
We would like you to submit 3 or 4 of your favorite recipes so you can be represented in our memorable collection. Follow the instructions above. Your name will be printed with each of your recipes.
Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, an index, and special pages of interest to our community. The cookbook will be typeset in an easy-to-read format and professionally printed and bound.
Proceeds from our cookbook sales will help fund future projects sponsored by our organization. Your help in contributing recipes will ensure that our cookbook will be a success.
We anticipate a great demand for our cookbooks, and we want to be certain we order enough. You can reserve one or more copies for yourself and your family at this time to be assured of receiving them.

Please reserve _____ cookbook(s) for me.

Name _____

P.S. Please submit your recipes to the committee within 5 days so they can be turned over to the publisher. Thank you!

More than just medical malpractice insurance.

For over 25 years, we have been the leader in medical malpractice insurance for psychiatrists and mental health professionals. You can depend on us to provide you with more than just insurance.

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- Toll-free Risk Management Consultation Service (RMCS) helpline
- Complimentary risk management seminars
- *Rx for Risk* quarterly newsletter and risk management manuals
- Exclusive access to our Online Education Center (OEC)
- And, more!



Coverage for forensic psychiatric services and administrative defense benefits is included. Discounts available for groups, early career, child/adolescent, part-time, and moonlighting members-in-training.

Contact us and receive complimentary risk management tips designed specifically for psychiatrists.

The Psychiatrists' Program

(800) 245-3333, ext. 389